

MAKING A DIFFERENCE IN OKLAHOMA

Like us on Facebook: <https://www.facebook.com/OKBHMCM>

Webpage: <https://ok.ng.mil/Family-Programs/Building-Healthy-Military-Communities/>

The Steven A. Cohen Military Family Clinic at Red Rock

The Steven A. Cohen Military Family Clinic at Red Rock provides confidential, high-quality mental health care services and local resource connections to post-9/11 veterans (including National Guard and Reserves), their families, and the families of active duty service members including spouse or partner, children, parents, siblings, caregivers, and others. Our clinic recently launched entirely virtually, providing our mental health care services to clients via our face-to-face video therapy, CVN Telehealth, throughout the State of Oklahoma. Services are available regardless of discharge status, role while in uniform, combat experience, ability to pay, or insurance. Our clinic staff treats a variety of mental health challenges, including depression, stress and anxiety, post-traumatic stress, transitional challenges, relationship difficulties, and more. While we are currently operating virtually, we look forward to seeing clients in person in early 2021 when we open our physical location in Lawton. For additional information, visit <https://www.red-rock.com/cohenclinic.php>.



The information presented in this newsletter is for informational awareness only and does not represent endorsement, sponsorship, recommendation, or promotion of any commercial event(s), commercial names or brands by the editors of this Newsletter, the Department of Defense, US Army, US Navy, US Air Force, US Coast Guard, National Guard or Reserve, and the federal government. Usage of commercial or trade mark names is for identification purposes only.

JANUARY 2021

IN THIS ISSUE:

Steven A. Cohen Military Family Clinic at Red Rock ...	1
Go For Green	2
SAMHSA's Tips for Teens Series	2
Harmony for Heroes Collective	2
inTransition	3
#BeThere for the Veteran in Your Life	3
Borne The Battle	3
Problem Gambling	3
Teach Your Kids How to Cook	3
2021 DoD/VA Suicide Prevention Conference	4
Make the Connection	4
Safely Store Lethal Means	4
Women Veteran Trailblazers	5
MyNavy Family App	5
Fit First Responders	5
Oklahoma Tobacco Helpline	5
Onward to Opportunity	6
Make 2021 Your Healthiest Year	6
Holistic Health and Fitness (H2F)	6
Center for Women Veterans	6
VA Virtual Listening Session	7
Fighting Fraud	7
OK to Quit	7
Veteran Spouse Resiliency Group	8
OKC County - Online World Cafe and Survey	8
Creative Foundations for Veterans	9
ARC SAF Virtual Reconnection Workshops	9
Bridges out of Poverty	9
B.E. FAST!! for Stroke	10

DEBBIE C. RICH

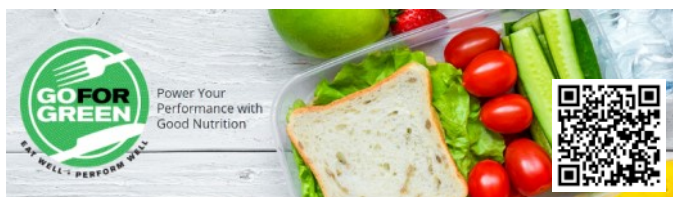
Oklahoma State Project Coordinator
Contractor, Goldbelt Glacier Health Services
debbie.c.rich.ctr@mail.mil



Go For Green

Go for Green® (G4G) makes it easy to find high-performance foods and drinks to boost your fitness, strength, and health. Look for DoD's revised G4G initiative in your dining facility or galley to help make smart choices that fuel your body and mind, optimize your energy, and help you perform at your best.

For additional information, visit <https://www.hprc-online.org/nutrition/go-green>.



**Follow BHMC Oklahoma
on Facebook**



<https://www.facebook.com/OKBHMC/>

SAMHSA's Tips for Teens Series

Have a teenager in the house? Be sure to check out SAMHSA's Tips for Teens series, designed to help teens learn more about multiple substances and their harmful effects. Order or download for free at <https://store.samhsa.gov/?f%5B0%5D=series%3A5567>.



Harmony for Heroes Collective

The Harmony for Heroes Collective is a community outreach program from The bART Center for Music that aims to make a positive difference in the lives of military individuals and their families through music education. Through weekly group guitar lessons, HHC provides an opportunity for the military community to experience self-expression, camaraderie, focused creative discipline, and a sense of accomplishment as they come together around music.

Modeled after the Colorado Springs Conservatory's Citizen Soldier Connection, the Harmony for Heroes Collective offers 10 weeks of guitar lessons at reduced cost taught by bART instructor and professional blues/jazz guitarist Michael McClure. With an emphasis on understanding the instrument and learning the basics of rhythm and chords, Mr. McClure's instruction provides a relaxed, engaging approach to the guitar that makes it accessible to beginners of all ages. We hope to expand into offerings such as songwriting as the program continues! Harmony for Heroes Collective is made possible by the generous support of the Oklahoma Arts Council. The bART is providing guitars and their maintenance free of charge to people enrolled in the program.

For additional information, contact Alicia Chesser, The bART's Community Outreach Coordinator at alicia@thebart.org.

To register, visit https://thebart.org/community_programs/harmony-for-heroes-collective/.

Scholarships available through The Coffee Bunker—please request on registration form.

Available to Active Duty, National Guard, Reserve, Veterans, and their Spouses and Children.



inTransition

CONNECTING • COACHING • EMPOWERING

inTransition provides a bridge for potential gaps during a service member's transition to a new medical facility, a new geographic location or into a new health system.

inTransition is a free, confidential program that offers specialized coaching and assistance for active-duty service members, National Guard members, reservists, veterans and retirees who need access to mental health care when:

- relocating to another assignment
- returning from deployment
- transitioning from active duty to reserve component or reserve component to active duty
- preparing to leave military service
- or any other time they need a new mental health provider, or need a provider for the first time

inTransition services are available to ALL military members regardless of length of service or discharge status and there is NO expiration date to enroll.

Enroll today at (800) 424-7877. For additional information on inTransition, visit <https://www.pdhealth.mil/resources/intransition> or send email to dha.ncr.j-9.mbx.intransition@mail.mil.



Take a look at inTransition PSA!

<https://pdhealth.mil/resource-center/intransition/media>.



Borne The Battle

The Borne The Battle podcast spotlights important resources, offices, and benefits VA offers our Veterans.

For additional information, visit <https://www.blogs.va.gov/VAntage/borne-the-battle-podcast/>.



BORNE THE BATTLE

AVAILABLE IN ITUNES, SPOTIFY, GOOGLE PLAY & STITCHER

Problem Gambling

Oklahoma residents can access services by calling or text message 24-hour toll-free Problem Gambling Helpline.



problem
GAMBLING
helpline
18005224700

#BeThere
for the Veteran in your life.



VA U.S. Department of Veterans Affairs



TEACH YOUR KIDS HOW TO COOK!



USU CHAMP

<https://www.hprc-online.org/nutrition/eating-environments>

2021 DoD/VA Suicide Prevention Conference

The 2021 DOD/VA Suicide Prevention Conference will take place virtually May 18-20, 2021. This year's theme is "Make Every Connection Count: Putting the 7 Strategies for Suicide Prevention to Work." This theme promotes a comprehensive approach to prevention, which uses evidence-informed programs, tools, and practices to foster connectedness, increase coping and problem-solving, create protective environments, and strengthen suicide care, among other efforts.

The virtual format will offer opportunities to:

- Discuss key insights on ways to leverage and implement the Centers for Disease Control and Prevention's seven evidence-informed strategies to prevent suicide across the military and veteran communities
- Share the latest evidence-informed practices for suicide prevention
- Listen and learn from keynote and luminary speakers
- Engage with community experts through virtual campfire sessions, lightning talks, and poster presentations
- Network with speakers and attendees via live chat and sessions

For additional information on the virtual conference, visit <https://www.dspo.mil/Conference/>.



*Make Every Connection Count:
Putting the 7 Strategies
for Suicide Prevention
to Work*

Make the Connection

At *MakeTheConnection.net*, Veterans and their loved ones will find information, insight, and the support they have earned. In this dynamic, interactive, and confidential environment, visitors can view candid testimonials of Veterans who have dealt with and are working through a variety of common life experiences, day-to-day symptoms, as well as mental health conditions. Visitors hear real stories from others like them who have overcome challenges such as transitioning from service, trouble sleeping, and posttraumatic stress disorder (PTSD).

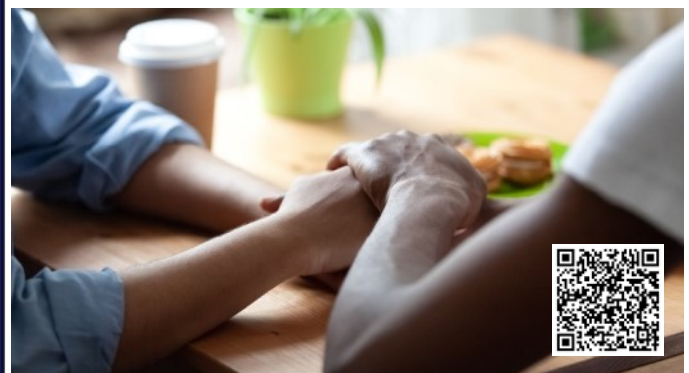
For additional information, visit <https://www.maketheconnection.net/>.



Safely Store Lethal Means

VA's Office of Mental Health and Suicide Prevention has resources to help Veterans and their loved ones understand the potentially lifesaving benefits of safely storing firearms and other potentially dangerous household items.

For additional information, visit <https://www.blogs.va.gov/VAntage/70891/va-offers-veterans-new-resources-safely-store-lethal-means/>.



VA



U.S. Department
of Veterans Affairs

Women Veteran Trailblazers

The Center for Women Veterans is accepting nominations of women Veterans to highlight as Trailblazers.

For this initiative, CWV has defined a women Veteran Trailblazer as a woman who has served and separated from the service and makes an impact by enhancing the lives of other Veterans, Veteran families or Veteran caregivers. Impact may be a single event or action or may be demonstrated over a period of time in one or more of the following areas:

- Education
- Employment
- Entrepreneurship
- Homelessness
- Legal
- Mental Health and Wellness



For additional information or to download nomination form, visit <https://www.va.gov/womenvet/>.



Deadline for submission is Tuesday, January 12, 2021

MyNavy Family App

The MyNavy Family application is for Navy spouses and Sailors' families, combines authoritative information from a wide range of websites into a single, convenient application.

New resources and links continue to be added, like those for the COVID-19 pandemic.



For additional information, visit <https://www.applocker.navy.mil/#!/apps/A3E45417-7665-4E93-B703-659F6B34C404>.



Fit First Responders

Fit First Responders (FFR) is dedicated to training police officers, firefighters, EMT's, Active Duty, National Guard, Reserve Service members, and Veterans to be their best physically and mentally.

FFR provides physical training, mental conditioning, nutrition coaching with a dietician, physical therapy, life coaching, and chiropractic care.

For additional information, visit <https://fitfirstresponders.org/>.



Oklahoma Tobacco Helpline

After you quit tobacco, you start seeing price tags a bit differently. Why? The money you save by quitting adds up — fast! Visit <https://okhelpline.com/> today!



No Judgments. Just Help.



Onward to Opportunity

Onward to Opportunities (O2O) offers transitioning Service members and spouses across the country no-cost virtual training, certification, and employment services. O2O has custom curriculum focused on preparing learners for future employment opportunities and assisting with the transition from military to civilian sector employment. Certifications consist of:

Project Management Certifications: PMP, CAPM, Six Sigma Green Belt.

Human Resources Certifications: aPHR, PHR, SPHR.

Information Technology Certifications: CompTIA A+, Comp Security+, Comp Cloud+, Comp Linux+, Comp Server+, Comp Network+, SSCP, CISSP, CCENT, CCNA, ITIL, Java SE7 & SE8, Oracle 11G & 12C, SAS Base Programmer.

Resources include local networking events, employer panels and insights, resume workshop and mock interviews, peer study groups, partner organization spotlights, and more. For additional information, visit <https://ivmf.syracuse.edu/programs/career-training/>.

ONWARD
TO
OPPORTUNITY

IVMF INSTITUTE FOR
VETERANS AND
MILITARY FAMILIES
Syracuse University / Morgan Chase & Co. / Training Partner



Holistic Health and Fitness (H2F)

The Holistic Health and Fitness (H2F) System is the Army's primary investment in Soldier readiness and lethality, optimal physical and non-physical performance, reduced injury rates, improved rehabilitation after injury, and increased overall effectiveness of the Total Army. The system empowers and equips Soldiers to take charge of their health, fitness, and well-being in order to optimize individual performance, while preventing injury and disease.

To download H2F products and information, visit <https://www.army.mil/acft/>.



Center for Women Veterans

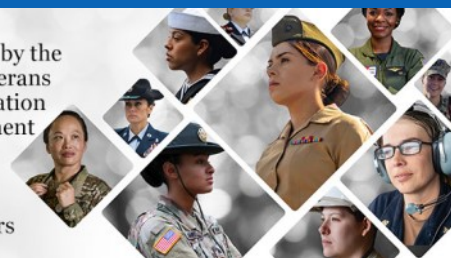
VA Women's Health Transition Training

This is a voluntary program intended to complement the Transition Assistance Program (TAP) and to provide all service women with specific women's health information that will aid the transition to civilian life.

To register, or for additional information visit <https://www.va.gov/womenvet/whtt/>.



Training sponsored by the
Department of Veterans
Affairs in collaboration
with the Department
of Defense
for
women
service members



2021

A Fresh Start!

Ready to make this New Year your healthiest yet?

DOWNLOAD NOW

ShapeYourFutureOK.com

TSET

VA Virtual Listening Session

As required by Sections 106 and 203 of the VA MISSION Act of 2018, VA is conducting market assessments in each of its 96 markets across the country. These market assessments will inform VA's national health care design and recommendations for modernization or realignment of VHA facilities. As part of the process outlined within the MISSION Act, VA has worked closely with national VSOs to develop decision criteria that will inform the recommendations.

Invitation to Collaborate: During the week of December 14, VA senior leaders will be hosting virtual listening sessions to hear your feedback on the criteria. Your feedback will be considered as VA finalizes the requirements, including Federal Register publication of draft criteria, followed by a public comment period before final publication.

During the virtual listening sessions, we hope to:

- Provide a brief overview of the market assessment process
- Share with you about VA's efforts to develop criteria that will be used by the Secretary to make recommendations for the realignment and modernization of VHA facilities
- Hear your perspective on the draft criteria

Schedule and Registration

Monday, December 14, 9:00 AM - 10:30 AM

Wednesday, December 16, 11:00 PM - 12:30 PM

Thursday, December 17, 8:30 AM - 10:00 AM

Friday, December 18, 1:00 PM - 2:30 PM

To register for event, send email to vet-friendlycommunities@va.gov.

Attention All Veteran Service Organizations (VSOs)

Fighting Fraud

Holidays. A season of Good Will. However some use this as a time for Fraud. We all need to be vigilant and learn to protect ourselves from fraudsters.

Ways to avoid fraud:

- Do not allow a business to copy your CAC card.
- Do not send money or give out personal info to an unexpected request.
- Do not believe caller ID. Let it go to voice mail and call them back.
- Never pay upfront for a promise (debt relief, job, prize, credit or loan, etc.)
- Hang up on robo calls.
- Be skeptical about free trial offers.
- Credit cards have fraud protection built in. Other Payment methods don't.
- If it sounds too good to be true, it probably is.
- Talk to a trusted individual.

For additional information, visit <https://www.militaryconsumer.gov/protect/best-practices-empowered-consumers/ways-avoid-scams>.

For resources, contact PFC Roy Ames at (918) 210-5444 for no cost, private, and confidential services.



**Join Oklahoma Smokers
Calling it Quits in 2021!**

**Oklahoma Quit Week
is January 20-27, 2021**

It often takes multiple attempts to quit smoking.

**Join hospitals and businesses in encouraging
Oklahomans to keep trying until they successfully quit.**

Participating partners will
receive a free resource toolkit to
assist with promoting tobacco
cessation in your workplace
and community.

If you are interested in partnering with
OK to Quit, email oktoquit@gmail.com.

For more information, visit
www.oktoquit.com.



Veteran Spouse Resiliency Group

Connecting veteran spouses in their communities

Are you the spouse or committed partner of a post-service veteran? OR is your spouse/partner within 6 months of separation from the military? Are you looking for support from your veteran spouse community?

Veteran Spouse Resiliency Groups provide a safe space for veteran spouses and partners to come together, listen, share stories, and provide support and guidance.

Sessions will cover the unique challenges veteran spouses face, and the incredible strengths this community has.

Join other spouses to discuss topics that include:

- Sharing Our Stories
- Taking Care of Ourselves
- Love and Relationships
- The Lingering Effects of Service
- Trauma & Compassion Fatigue
- Our Kids
- Life Transitions
- Seeking Help
- Our Goals
- TBI, PTSD, Moral Injury and Suicidality

Online Group Starts January 11, 2021 and meets Tuesdays 6:30-8:30 pm. Last 12 weeks.

To register for the group or for additional information, contact Group Leader Magie Penny at Margaret.k.penny-1@ou.edu.

This group is open to veteran spouses and partners in the greater Tulsa area.



Veteran Spouse
Resiliency Group

Online World Cafe

Oklahoma County TSET Healthy Living Program invites you to attend one Online World Café Listening Session. We want to hear your opinions on your community's health.

Space is limited so register today!

6:00 PM	December 14
6:00 PM	January 5
1:00 PM	January 13
6:00 PM	January 19 (En Español)
10:00 AM	January 28

To register, visit <https://app.smartsheet.com/b/form/7a356244a94940f78077a4f6bcf8ca8c>.



Join us with a device that has a camera and microphone so you can fully participate in the session.

Take our survey!

Help us plan our future goals for a healthier community

YOUR OPINION MATTERS



<https://www.surveymonkey.com/r/OklahomaCommunitySurvey>

Encuesta disponible en español.

Creative Foundations for Veterans

10-Week Online Class begins January 12, 2021

Discover and develop your artistic side in our new Creative Foundations for Veterans class. Course takes place online via Zoom. Participation is free! Apply by Sunday, January 3, 2021 at <https://oklahomacontemporary.org/learn/studio-school/veterans-initiative>.

For additional information, send email to studioschool@okcontemp.org.



Virtual Reconnection Workshops

The American Red Cross Service to the Armed Forces (SAF) is offering virtual Reconnection workshops to help guide members of the military and veteran communities through a variety of important topics. Join us for a chance to connect with others in a live, virtual and guided conversation where you will have a chance to discuss your biggest concerns and learn and practice new and effective skills.

Available workshop topics include:

- Stress Solutions
- Effective Communication
- Connecting with Kids
- Caregivers of Wounded, Ill and Injured Service Members and Veterans

For additional information, download the Hero Care App or send email to samantha.hand@redcross.org.



American Red Cross

Service to the Armed Forces

Bridges out of Poverty

Tuesday, December 15, 2020 | 1:00 PM - 5:00 PM

Bridges Out of Poverty is a nationally-acclaimed program that brings together people from all sectors and economic classes to learn concepts, perspectives and strategies to address poverty in a comprehensive way.

Join the conversation and...

- Gain a deeper understanding of the challenges of people living in poverty
- Explore the "hidden rules" of economic classes
- Examine the impact of poverty on family structures
- Learn the different communication styles of people in poverty
- Identify ways to improve relationships and outcomes when working with people in poverty

Who Should Attend?

- Social Service Professionals
- Business & Corporate Leaders
- K-12 and University Educators
- Government Officials
- Workforce Development & HR Professionals
- Law Enforcement & First Responders
- Church & Mission Leaders
- Public Health Providers
- Community Groups
- Concerned Citizens

For additional information or to register for this virtual event, send email to bridgesshawnee@gmail.com.

BRIDGES
out of
POVERTY



B.E. FAST!! for Stroke

Up to 80 percent of strokes are preventable and it's the thing most likely to disable you and make you dependent on your family for your needs. A stroke, or brain attack, happens when blood flow to your brain is stopped. It is a medical emergency. Anyone can have a stroke at any age. Your chance of having a stroke increases if you have certain risk factors. Some risk factors for stroke can be changed or managed, while others can't.

B = Balance

E = Eyes, check for vision loss

F = Facial Droop

A = Arm weakness or drift

S = Slurred Speech

T = Time to call 911

This simple tool can educate everyone about the most common warning signs and symptoms of a stroke, and to call 911 instantly if they even have a suspicion that a possible stroke has occurred. NO aspirin, water, food, NOTHING IN THE MOUTH. Teaching your children or loved ones "BEFAST" could save your life.

Risk factors for stroke that can be changed, treated, or medically managed:

- * High blood pressure
- * Heart disease
- * Atrial fibrillation-irregular heartbeat
- * Diabetes
- * Smoking
- * Birth control pills (oral contraceptives)
- * History of transient ischemic attacks (TIA)
- * High blood cholesterol and lipids
- * Lack of exercise
- * Obesity
- * Excessive alcohol use
- * Illegal drugs

Risk factors for stroke that can't be changed:

- * Older age-for each decade of life after age 55, your chance of having a stroke more than doubles
- * Race-African Americans have a much higher risk for death and disability from a stroke than Caucasians
- * Gender-Stroke occurs more often in men, but more women than men die from stroke
- * History of prior stroke
- * Heredity or genetics



For additional information about stroke prevention and education, visit <https://integrisok.com/locations/neuroscience/integrism-james-r-daniel-stroke-center/prevention-and-education>. For free training, contact Charlotte Colbert, MS, RN, CPHQ at charlotte.colbert@integrisok.com or call (405) 644-6867.

Call 911 if you think you might be having a stroke or stroke symptoms